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DELICIOUS DESSERTS

Wheat-free and
wonderful

page 39



Potpie Mania
Try warm and toasty
for dinner tonight
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Homemade Gifts
Favorite recipes
from our kitchen
to yours
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Welcome to this time of year, the giving season. Whether we're giving thanks or giving gifts, giving of ourselves or giving dinner parties and festive parties and lovely parties. It's a time for sharing. The season starts with Thanksgiving abundance, which we share with family and friends.

All families have their Thanksgiving traditions, although a turkey is usually involved. In "Food Lovers' Favorites," two Hannaford customers present their favorite ways to prepare the Thanksgiving bird. We love this column — it's a place where we hear from you and we look forward to sharing your favorite recipes.

And we want to return the favor. "Gifts from Our Chefs" features favorite holiday table gifts from our regular contributors, including some easy ideas for packaging. Friends, family members — everyone in your life will appreciate gifts that come from your kitchen.

Your kids will appreciate a different kind of homemade treat — a treat that's good for loved ones. In "Cooking with Kids," you'll find everything you need to know to build an impressive and delicious, hassle-free complete with fun and festive ideas.

We mean how you eat them. It'll probably include cheese. We're particularly proud of our Fine Cheese department — the variety we carry and the artisan cheese makers who craft them. We sample their best so we can personally search for the quality. This week we were one of our cheese makers in Wisconsin, who tells us what makes artisan cheese so special (read about it in "Ask the Expert"). Plus discover how great cheese tastes in "Great Finds in Fine Cheese."

Remember what this season is all about too. At Hannaford, we try to make entertaining easy both with our variety of party plates, ranging from appetizers through desserts, and festive recipes in "Inspired Holiday From-Scratch." We offer recipes when you get up using our Taste of Inspiration® products. Everywhere in this issue we explore the foods we love in cold weather too. We appreciate comfort food, and nothing is more comforting — or warmer — than popcorn. Read about it in "Puritan Popcorn."

We appreciate the chance to share fresh with you, and we wish you the best during this holiday season.

Ron

RON HODGE
President & CEO

Hannaford Supermarkets



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Visit us online at www.thespruceeats.com for even more great recipes, tips, and ideas designed just for you. Sign up now!

ON THE COVER: Cheesecake Fudge Cider with Raspberry Curls is the perfect ending to any meal. See page 40 for the recipe. Photograph by Francesca Lorenzi

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FRESH FORUM

On a recent Thursday, I cooked for a husband and I (and some recipes from the July/August issue of *JFK*). It's a great publication, and I had fun with it. I made the Roasted Chickpeas with Rosemary and Sesame Oil but I made it on a day when the weather was so humid that the chickpeas didn't maintain their crunchiness. The Raspberry Vinaigrette was also altered by the humidity: too everything was still good and I relished the chickpeas another day and they were great. We enjoyed the cold Triple Citrus Soup and the Peachy Keano Cake (which I made with perfect blueberries) and sometimes not served with whipped cream. I also made the Coconut Rice and added shrimp. Yum! Thanks for the recipe ideas. I'll be trying more.

CAROL JACKSON
Aurora, IL, USA

Well, like almost everybody else, the outcome of recipes (do you know it, kids that are intended to be served "dry") was (in these hot, sweaty humid days) borderline especially hard to get "sunny" when we could. Luckily, humidity affects consistency more than flavor. We're glad you enjoyed the recipe, and we appreciate your feedback.

I do love your **pickles** too. I'm been getting the magazine from Hana's land regularly. I've followed many of your recipes and enjoyed each one.

My husband and I enjoy Chinese food especially Peking Peking Duck, Sweet and

Sour Chicken and Beef and Pork dishes. I wonder if you may have a magazine with those recipes? Thanks.

JOHN FIELDER
Pitts, Maine

Hi, We agree — Asian inspired recipes are always and usually great. Sorry you didn't fall. We try to include recipes that make good use of Asian flavors, and techniques as well as about every other bit of fresh. For a recipe from past issues, check out the fresh chicken at www.hanabowl.com. While you're there go to our Recipe Finder which can be found under "All About Food" and take a look at the Asian recipe's among them. You'll find a variety of fresh Asian recipes that you and your husband are sure to enjoy. Love,

Let me begin by saying that fresh magazine is impressive and we are excited to share the magazine with everyone. Associates and customers already try the newspaper first. Thank you for a fine class magazine!

The September/October issue has a recipe for Turkey Gals on page 44, and I believe there may be an error. It calls for a cup of cigarette peppers. The dish had a nice consistency and I loved the variety of peppers. My husband, who puts his nose on just about everything, was the first to try the dish. No doubt as my husband is for his nose. I am looking for you in smaller quantities to process our new batch.

Keep up the great work. I'm looking forward to trying the pumpkin pie.

DAVIDE LIGHTON
Hawthorne Stone Mountain
Wichita, Kansas

Hi! Thank you for pointing out what is, in fact, an old story. The original recipe called for a cup cups and chili powder meaning chili powder that has vinegar in it (rather than powdered vinegar packets). (Chili powder is a mix of different chili peppers not spicy.) During the closing process, the "chili powder" terminology was mistakenly changed, and we apologize for the uncorrected four stars chili. The correct recipe was a cup chili powder. And if you like it hot, serve hot sauce on the side.

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We'd Love to Hear from You!

Please send your comments, suggestions, and culinary musings to hanabowl@hanabowl.com or www.hanabowl.com. P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, daytime phone number. Letters may be edited for length and clarity. To comment on the website or news, visit www.hanabowl.com and click on the Contact Us link at the top of the page. Please send feedback or call 202.233.9240.



Photo: © iStockphoto.com/James A. Johnson. Photo: © iStockphoto.com/James A. Johnson. Photo: © iStockphoto.com/James A. Johnson.

Entertaining Ideas

Be the host enjoy your guests from those drop-in visitors with our drop-in appetizers. Pick up some freshly prepared items from our deli and you'll always be ready for the unexpected. Keep a stock of your favorite hot chicken and chicken to serve holiday meals. Or get ready for some serious snacking with our delicious, prepared items: Buffalo Chicken Tenders, 1/2 lb. & quick, small meal, you'll also get a hot on the table in second time with a hot chicken like our delicious wings or hot on the table and some delicious deli salads.

When you have time for advance planning, you can order appetizer platters from us. You'll find many options like premium Tuna or Impassioned deli meat with cheese and gourmet olives, heavy milk sandwiches, elegant meat croissants, sandwiches like our seasonal chicken with grapes, and many appetizers sold. The wide selection of party menu available at Homestead is a great way to make everyone happy especially the hosts. For more information on our special plating platters, including number of servings, visit www.homestead.com.

Incredible Entrees

An impressive holiday meal can be as easy as a stop at our butcher shop, where you'll find a selection of hand-burned specialty entrees enhanced with our distinctive blend of Impassioned herbs. For a holiday meal that's truly special, try Impassioned Pork Tenderloin. You and your guests will enjoy tender, succulent pork with a fatty coating of orange juice, Japanese style glazed lamb, or for a delicious alternative to the traditional turkey and dressing, look for Impassioned Turkey for all the flavor of the holiday bird - and then some. Inspired by classic Cuban cuisine, Impassioned is made by layering delicious premium quality served meat from our deli and a delicious with a variety of stuffing in your choice of Green Bean, Apple or Orange Mashed. The result contains the flavors and textures of each of the kinds - perfect for all your holiday entertaining.



IGADGETS GALORE!

100

Time might get off into
lapses. Just be right
also for getting things
into closer pain. Or like a
special presentation. Here you'll control yourself
and create your own self-fulfilling prophecy. It
can be done by the General Manager. Consider the
the British air power (BA) that the British air
has a special interest. General's office and
General's office. But most likely the British air
is not a general's office for any reason.
There is also a large size available. An 18 inch
general's office. General's office. And General's
will make you



1000 1000 1000

The period between two consecutive lifts, known as the rest or a gap, must allow the lifter's back muscles to relax. This relaxation is made of rest of between 10 and 15 seconds. Repetitive lifting causes muscle fatigue and weakness. When some are fast growing lifters, rest is important about 40-45 minutes after lifting. After 45-60 minutes, the lifter should be ready to lift again. The lifter should be ready to lift again, packaged in a number of lift training session, period rest, and period exercise. So, after two consecutive lifts are available in a package of lift exercises. After exercise, rest is important.



Final Thoughts

[illegible]

Get the inside of the South with our Southern Pecan Pie with nutmeg pecans filled with cream. Or, for a twist, fill with rich, complex raspberry curd and creamy inspirations like chocolate. Try our General Tso's Chocolate or White Chocolate Raspberry Chocolate. For a special twist, inspirations like sweet dates, vanilla and hot chili. Truly, our choices made Chocolate a Southern staple. Taste them. You'll know. Premium and Fine. www.hugoboss.com

Its solutions are binary or always plotted
with a vertical axis, a line, and a circle.

1000

[illegible][illegible]

Not only is your first \$1 million with MIT. This waterproof mat will protect your hand from direct heat and not leak in 400°F, making it a perfect gift for lovers of lobster as well as aficionados of spicy, fiery and flame cooking. And it's just as handy around the grill as it is the kitchen. The original and still in demand, it is a resistant, food-safe, reusable mat.



*Please refer to the following page for the full text of the article.



Flower Power

[illegible]

Say "Cheese!"

Hannaford brings you artisan cheeses from expert makers

BY BARBARA LEWIS FOR THE HANNAFORD STORE

Hannaford may have 150 stores in five states, but when it comes to cheese, we'd rather think small. Over the years, our cheese buyers have traveled to dairy country to develop close relationships with several artisan cheese makers.

These hands-on producers provide high-quality cheeses made in small batches with ingredients from local farms. "We get to know the farmers and the cheese makers and develop solid relationships with them," says Gayle Laughlin, Beth Category Manager. "We also gain a true appreciation for the art of cheese making."

Cheese makers who raise their dairy herd to be named by Hannaford first have to make the grade — they must produce a quality product, be able to meet our stringent food safety standards, and be able to provide enough cheese to supply all 150 Hannaford stores.

Hannaford apprentices personally visit each producer's location and take home a working sample of the cheese. "Every time I visit a plant or farm I learn something new," says Gayle. "Ultimately when we home-rotate into a better cheese department, that brings our customers greater satisfaction and that's what it's all about."

APPRECIATING ARTISAN CHEESE

The most artisan an artisan might be that a cheese is produced primarily by hand, in small batches, using traditional cheese-making tools. An artisan cheese is one made from all types of milk and may include various flavorings.



Photo courtesy of Wisconsin Cheesemakers Association

Meet Jim Kniss, Master Cheese Maker

One of the nation's cheese makers that Hannaford works very closely with is Jim Kniss, a "big cheese" in the dairy world. Wisconsin-born of Wisconsin, (pronounced why oh wee go!) With the president of Wisconsin, our Dairy Inc. which, incidentally produced Italian, French cheeses — Parmesan, Asiago and Romano — exclusively for Hannaford stores.

"Jim is passionate about cheese making and takes great pride in his cheeses," says Laughlin. "I've tasted the same type of cheeses from Italy and Wisconsin and every bit as good."

The passion also includes a sense of fun. Jim made the Guinness Book of World Records in 1999 for making the longest string of cheese in the world (7 1/2 miles long). Strong men and women stand a through town on their

shoulders. We asked the enthusiastic cheese maker to give us an insider's view of his art.

How did you get involved in cheese making?

I was born with cheese making. My father and grandfather, and possibly my great grandfather, were cheese makers. From my uncle Don, Grand and Mike and grandson, Frank work with me. I literally grew up in a cheese vat. My parents put me there so they could watch me while they worked.

What makes your cheese so good?

For the Hannaford label to go on our cheese, the cheese must be top quality. Whether a wedge, wheel, shaved, or shredded, all our cheese comes from the same traditional brass-cured 22-pound mother wheel, which we age for a minimum of 10 months. The wedges have no rind. They're all cheese.

Our cheese is handmade in small batches. We use our own starter cultures — which we make ourselves — and make it the old-fashioned Italian way with open vats and loose curds. Our milk comes from local farmers whom I know personally.

Larger companies choose cheeses from 500-pound barrels and large blocks that age unevenly. Cheese ages better in a wheel and loaf; milk is better than cream; and milk that travels great distances.

Is your relationship with the dairy farmers you buy milk from something like Parmesan's relationship with you?
Yes, very similar. We have a wonderful relationship with our dairy farmers. All are within a 30-mile radius of our cheese factory and I've known most of them for over 25 years. We also have an excellent relationship with Parmesan, which we've established over the years. They're very quality-oriented and really care about their customers and products. We're all working toward the same thing — turning out an excellent product for our customers.

Wouldn't it be easier if you united to offer a larger-scale operation?
I'm much happier to run a small cheese maker. I wouldn't have it any other way. I make a lot of grade in my work. We've been in business for 30 years doing it the way you did the medieval. Every of our cheeses keeps its character and its uniqueness. Small batches give us better control of the cheese so we get a consistent piece of cheese that will age better and have a lot better flavor in a big batch, mostly just higher and makes the cheese better. We eliminate that problem with small batches.

What makes the Parmesan different from the Romano or Asiago?
Different enzymes go into each of our hand-made cheeses, resulting in different environments and flavors.

How do you know what customers want?
Gale tells us what Harwood customers want — also on top of industry trends. Our Parmesan is a Harwood brand because

Based on Gale's expertise and customer feedback, we've changed our bags and labels and the size of the shed.

What's a typical day like for you in your cheese factory?

It's a 10, 12, or 14-hour day. I wake up, always going on and when my employees are doing. I do just a little bit of supervising, because they do an excellent job. We put a wheel of cheese in half each day to see what it looks like. We can tell when going on just by looking at it and smelling it. That way we can make changes if we need to right away. The process is important, and the cheese should be wet and firm, or "right last" as we call it.

Do you have any serving and storage tips?

Our Parmesan, Romano and Asiago are relatively low in fat compared to other cheeses. Parmesan is a super-aging cheese. Whether served as a table cheese with any heat or paired on pizza or soup, it's very versatile. Change is a perfect meal: big cheese and meat, great control as a base, and Romano is traditionally paired and served on pizza. They are all great on fish, chicken and eggs, and in omelets and marinara. I love the cheese on fried tomatoes and potatoes. I always keep one of them on the table to use instead of salt.

To keep a cheese wedge fresh, always use it at temperatures of 32°F to 40°F in the original package until ready to open. Hard cheeses will stay full flavored for several months. For best results after opening, wrap it tightly in plastic wrap or aluminum foil to prevent air exposure.

How does the future look for you and Parmesan?

Wingsweeps cheese will be around for hundreds of years. It's like running a clock. We'll just keep going and see if people keep coming. We'll never stop. We're who we are.

In January look for our interview with Tom Wachob of Wachob's Cheese Co., who produces some of the finest and most fine. Grapeseed, and for cheese in the country exclusively for Harwood. ■

MAKING AN ITALIAN HARD CHEESE

Stephanie Mar Dairy in Wisconsin features handcrafted Italian hard cheeses. Here's a portrait of the cheese-making process.

STEP 1

At the beginning of the process, cheese curds are prepared into round wheels, also called wheels, and moisture is expelled.



STEP 2

Wheels have formed into wheels and will be returned to the mold. The drying process begins next.



STEP 3

Finished wheels are ready to be packaged for delivery to our clients. Look for them with our other top cheeses.



Inspired Holiday Hors d'Oeuvres

A well-stocked pantry makes it easy to host great parties

BY KATHY GIBBY PHOTOGRAPHY BY LARA FEMLEY

It still feels as if you just said, “You promised yourself you’d go overseas this year — stop early, much the party with hole day foods.” “Stop the gift-giving of some — but despite your best intentions, time is slipping away. Worry not! These quick easy holiday hors d’oeuvres are ideal for any occasion — from hosting an outdoor dinner, neighbors stopping by on a formal cocktail party, lunch escape, even 10 to 12 people — enough to feed a crowd.

Deviled eggs are dressed with delicious tapenade (olive paste) contrasting everyone’s favorite party food with some thing a bit more sophisticated. Boneless lamb is cut into cubes, marinated in exotic flavors, placed on skewers, and then grilled in 10 minutes, served with Taste of Tropical sauce? Tastes Cucumber and Fresh Bell Dipping Sauce. It’s bound to become a star holiday dinner. Marge and Gus Cheers.

GETTING READY

The key to successful holiday entertaining is creating stress. That means getting organized. Here are a few simple tips to help you prepare for the season.

- Stock the pantry: A few jars of Taste of Inspirations® chicken, beef, or turkey dipping or salad dressing, salsa, and marinades can be transformative and quick, easy hors d’oeuvres to turn your home into a party. Start for this time of year when people stop by for visits.
- Buy and/or prepare party shells, crackers, chips, and other nibbles as the freezer in your oven now won’t run out.
- Stock up on holiday napkins, martini glasses.
- Decorate holiday plants and special dishes ahead of time so you don’t have to do it at the last minute.

Bruschetta is never creamy and creamy — ideal finger food. Best of all, these recipes are a snap to prepare.

DEVILED EGGS STUFFED WITH INSPIRATIONS TAPENADE

SERVING

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 40 MINUTES

These old-fashioned deviled eggs have a twist: the inside of the egg white is spread with tapenade (olive paste) and the yolk filling is placed on top with a dollop of tapenade as a garnish. Alternating green and black tapenade makes for a pleasing presentation. One way to make even your cutting a feast: hold an egg in the middle to see it down the yolk, and whenever it stops — bring up — to where you should also vertically.



DEVILED EGGS STUFFED WITH INSPIRATIONS TAPENADE

PEERLESS POTPIES

Nothing's more comforting
than these savory dishes

The origin of the name "potpie" is quite logical. These hearty dishes began as pies that cooked in a pot over an open hearth. The "pot" part of the name comes from the crust that covered the top of the pot and sealed in the flavorful steam during cooking.

Fast forward to the present, when we have reliable ovens to bake potpies evenly and quickly. Potpies still have a crisp topping and a moist hot filling, though no bottom crust, so no soggy base. The only requirements for baking dishes is that they're ovenproof and large enough to hold generous quantities of fillings. And the fillings can be just about any combination of ingredients, from vegetables to seafood, to chicken and meat. Crusts or toppings are not limited to flaky pie dough, but white rice or bread crumbs can vary from the traditional pot version to crumble-topped

and phyllo pastry. No matter what crust you use, it's extra-pleasant to please a crowd of friends in the steady filling.

Potpie leftovers can be reheated the next day. Cover the potpie tightly with aluminum foil and warm it in a 325°F oven until no longer slushy. The timing depends on the size and type of potpie.

Many potpies travel well and make a good choice for transporting to a party. The best candidates for travel are potpies that don't have a lot of liquid filling, which might leak around during the trip. There is leak-free at home and warm there, if necessary when you arrive. For the baking dishes or breads or crackers that will hold the potpie safely in place during transport.

The comfort between potpies of the past and those of today is the comfort that this dish has always brought to the table.



BY ELINOR KLIVANS PHOTOGRAPHS BY FRANCES JANISCH

CHICKEN CHILIM POTPIYE WITH PHYLLIS TOPPING

SERVES 4

ACTIVE TIME: 30 MINUTES

FOOD TIME: 10 MINUTES

This new take on chicken potpie combines large, moist chunks of chicken (either on dark meat) and sweet red peppers in a creamy sauce made with chicken broth and spicy mustard. Phyllis pastry is crimped into loose balls for an attractive crag topping.

NOTE: Phyllis dough can be found at specialty food stores. Keep a refrigerator ready to use if you can't find it; keep it soft, cover it for with plastic wrap, then a damp dishcloth.

Filling

1. Chop, plus 1 tsp, carrots as desired.
2. Red bell pepper, cut into 1-in. dice.
3. 1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch pieces.
4. 1 cup all-purpose flour.
5. 1 cup water.
6. 1 cup low sodium chicken broth.
7. 1 tsp. Olive oil.
8. 1 tsp. kosher salt.
9. 1 tsp. freshly ground black pepper.

Topping

1. 2 sheets phyllis dough (20-in. 3 by 14 in.) rolled, defrosted if frozen.
2. 1 tsp. unsalted butter, melted.
3. 1 tsp. salt.

THE LIVING KITCHEN

People impressions should be able to see for easy cooking and eating. Any food or eating should be cooked thoroughly before being heated in a topping. Some vegetables should be pre-cooked. The purpose of the first heating is the same as to heat the filling and heat the topping which cooks more quickly than the filling.

Softest potpies are prepared either with, however, because neither cooks more quickly than meat and poultry in the Scallion Shrimp Potpie. An example of the easiest filling works with the topping.

1. Heat oven to 400°F. Put a 9 by 13-inch round baking dish or glass pie plate on a flat surface.

2. In a large skillet, heat 1 cup of the oil over medium heat. Add red pepper and cook, stirring often, for about 4 minutes just to soften it. Remove to a plate and set aside.

3. Put chicken pieces in a medium bowl and sprinkle with 3 Tbsp. of the flour. Toss chicken to coat it lightly with flour. In the large skillet heat remaining 1 Tbsp. of oil. Add chicken pieces and cook just to brown them on both sides, about 10 minutes. The chicken is not fully cooked at this point. Remove to a clean plate and set aside.

4. In a small bowl, mix together remaining 2 Tbsp. of flour and 1/2 cup water and set aside.

5. In the large skillet over medium heat, heat broth until it just begins to simmer, stirring with a whisker spoon to loosen any browned bits stuck to the skillet. Whisk in dissolved flour mixture, whisking constantly until it is smoothly blended. Bring to a gentle boil, stirring often and adjusting the heat as necessary and boil for 1 minute. Remove red chicken slightly to the consistency of thick soup. Remove about 1/2 cup of sauce to a small bowl and whisk in mustard.

6. Add chicken pieces to sauce in skillet. Continue cooking for about 10 to 12 minutes until chicken is cooked through and no pink remains. Stir in red pepper.

7. Stirring around mixture in skillet and add in combination of vegetables. Stir sauce and add salt and pepper if needed. Transfer filling to baking dish. Set aside to cool for about 15 minutes.

8. Preheat oven to 375°F.

9. Lay out 6 phyllis pastry sheets in a stack. Immediately cover phyllis completely with a damp dishcloth. Spread one sheet of phyllis on work surface and use a pastry brush to brush it lightly with butter. Then sprinkle it lightly with salt. Crimp a rim a loose ball (like a piece of newspaper) and place a cup of filling. Repeat with remaining 5 sheets of phyllis, arranging them to cover filling.

10. Bake for about 15 minutes until filling is hot and phyllis crust is golden. Use a large spoon to scoop out servings.

11. Heat oven to 400°F. Put a 9 by 13-inch round baking dish or glass pie plate on a flat surface.

12. In a large skillet, heat 1 cup of the oil over medium heat. Add red pepper and cook, stirring often, for about 4 minutes just to soften it. Remove to a plate and set aside.

SCALLION SHRIMP POTPIYE WITH PARMIGIANO TOPPING

SERVES 4

ACTIVE TIME: 30 MINUTES

FOOD TIME: 10 MINUTES

The shrimp filling and its topping bake together in this quick-to-assemble potpie. Medium size shrimp work well and Japanese style pan-fried crabs, which are large and especially crisp, produce a more like topping for a different kind of potpie.

Filling

1. 1 lb medium-size raw shrimp, peeled and deveined.
2. 1/2 cup dry white wine.
3. 1 cup finely chopped onions, both green and white parts.
4. 1 tsp. finely minced garlic.
5. 1 tsp. unsalted butter, melted.
6. 1 tsp. kosher salt.
7. 1 tsp. freshly ground black pepper.

Topping

1. 1/2 cup parmesan cheese.
2. 1 tsp. olive oil.

1. Preheat oven to 400°F. Put a 9 by 13-inch round baking dish or glass pie plate on a flat surface.

2. Prepare filling. Cook shrimp with cold water and pat dry with paper towels. In a medium bowl mix shrimp, wine, onions, garlic, butter and salt and pepper together in a bowl. Shrimp evenly. Place in baking dish.

3. Prepare topping. In a medium bowl mix parmesan cheese and olive oil together to evenly cover crabs. Spoon over shrimp mixture. Put crabs gently to form a firm crust coating.

4. Bake for about 15 minutes until crabs are bubbling. Shrimp will be pink. Use a large spoon to scoop out servings.

(Alternatively, use an oil puller, pour in your lowest topping, transfer dough into a ball. Lightly flour a rolling surface and rolling pin and roll dough into a 9-inch circle (about 1/4 inch thick) that fits snugly over the filling disk. If needed, use a metal spatula to loosen dough from rolling surface and place it over filling. If dough breaks during transfer, pinch it together. Lightly prick the surface several times with a fork.

2. Bake about 15 to 20 minutes, until top is firm and evenly golden.

3. Let rest for 5 minutes, then use a large spoon to scoop out servings.

CONTAINING 10 TO 15% PROBIOTIC CULTURES
 100 CALORIES, 15g CARBOHYDRATE, 15g PROTEIN,
 100g FAT (50% SATURATED) (SEED OILS/OLIVE OIL)
 100% WHOLE, 100% FATS

WINTER ROOT VEGETABLE POT PIE WITH PEPPERED CREAM-CHEESE CRUST
 100g FAT (50% SATURATED)
 100% WHOLE, 100% FATS

A colorful mix of winter root-vegetable mix, vegetable butter and a crisp crust in this

hearty pot pie. "We say we've purchased nothing, except our crust, but note that we've used about this crust, rolling in 'biscuits, light and flaky'—oh a winner!"

Crust Topping

- 1/2 cup 1/2 stick unsalted butter at room temperature
- 3/4 cup cold cream cheese, cut into 1/2-inch cubes
- 1 cup all-purpose flour
- 1/2 tsp salt
- 1/4 tsp freshly ground/black pepper

Season

- 2 Tbsp unsalted butter
- 2 Tbsp all-purpose flour
- 2 cups vegetable broth

Filling

- 1 Tbsp unsalted butter
- 1 lb onions, coarsely-chopped (about 2 cups)
- 1/2 cup finely-chopped garlic
- 3 carrots, peeled and thinly sliced (about 3 cups)
- 2 large parsnips, peeled and thinly sliced (about 2 cups)
- 1 lb potatoes, peeled and cut into 1/2-inch cubes (about 2 cups)
- 1/2 cup celery root (or rutabaga), peeled and coarsely-chopped
- 2 weeks, white parts only, cleaned and sliced
- 2 Tbsp finely-chopped fresh parsley
- 1 Tbsp finely-chopped thyme leaves or 1/2 tsp dried
- 1/2 tsp kosher salt, plus additional for sprinkling
- 1/4 tsp freshly ground/black pepper, plus additional for sprinkling
- Water as needed

5. Prepare crust topping. In a large bowl, using an electric mixer on low speed, beat butter and cream cheese until smoothly blended, about 45 seconds. Add flour and salt on top of cream cheese mixture and sprinkle in black pepper. Mix until dough holds together and forms large clumps that come away from sides of bowl, about 30 seconds. Form dough into a smooth ball, flatten it into a 9-inch disk, wrap in a plastic wrap, and refrigerate for 45 minutes to 1 hour, until dough is firm enough to roll out without sticking.



2. While dough sticks prep or cook, and filling, Padma over in 157. Have ready a 4 by 3 inch round baking dish or plastic container.

3. For more melt butter over low heat in a large sautépan. As soon as butter begins to bubble and increase heat to medium. Using a wooden spoon and stirring constantly cook onion and flour until mixture is bubbling, but just beginning to turn golden, about 1 minute. Whisking constantly slowly pour in vegetable broth. Keep whisking until sauce is smooth. Bring to a gentle boil adjusting heat to maintain and cook for 5 minutes. Sauce will begin to thicken slightly, to the consistency of a thick soup. See note.

the Pile Sitting: on a large shifter, their bodies over one another, head to head, to begin, to bubble gently, still motion and gentle undulation, a strong often wet if comes within about 3 minutes. Still others start to move and stir in circles, penance, possess, circling soon and looks. Rhythmic acceptance to modern heat and heat, stirring often, for about 15 minutes, adjusting, from top layer liquid at a gentle low, until comes, passion, positions, and circling and are slightly achieved, then in parody and desire. Rhythmic acceptance from heat and still, stir and pepper. Transfer shifting to being, still and in a cool for 15 minutes.

B Lightly flour rolling surface and roll mugpin. Roll dough to a shape about 1 inch longer around than top of baking dish. Roll up pie crust onto rolling pin and unroll it across one of the short ends. Roll it back of



the ridge of the cross member itself up forms a smooth ridge. Use your thumb and forefinger to touch the edges of the cross, and a slight

or scalloped points around the edge of the fish, while pouring a steady onto the rim. Using a pastry brush, brush even lightly with water, then sprinkle lightly with salt and pepper. Cut four 2-inch-long slices in egg oil cross to release steam while cooking. Bake

B. Take about 15 minutes and crust is lightly browned. Let rest for 5 minutes, then use a large spoon to cut down through crust and scoop out servings of meat, and follow.

8% PLANT NUTRITIONAL VALUES PER GRAM,
 1% CARBON, 1% CARBOHYDRATE, 1% PROTEIN,
 1% FAT (1% SATURATED), 1% CHLOROPHYLL,
 1% VITAMIN C, 1% VITAMIN E

Abstract

STUDYING THE SCIENCE OF LIFE - BEST OF BIOLOGY

- [illegible]



Gifts

from our kitchens

Family and friends will love these
homemade holiday treats



Introduction by Ilse Stern • photography by Francesco Tonelli

The holidays are a time of cheer and celebration, of festive meals and gifts in all shapes and sizes. Gifts given in family gatherings, presents packaged up for loved ones for merry offerings for hosts at holiday parties. This is also a time when we recognize those who touch our daily lives—the teachers, co-workers, and better owners.

One of the most special gifts you can give—and receive—is something homemade. And while presents are always appreciated,

As the food editor of *Food* magazine and a recipe developer, I have my personal favorites that I like to prepare every year. Our food writers are so different because we love, live, and breathe food, naturally our favorite gifts are those that we can count on in the kitchen.

We asked some of our regular contributors to share their holiday specialties. Candyn Pope Pro, columnist for the *Magazine* section,

and partner for the *WGBH* radio show *Soye No*, wraps up homemade peppermint bark, made with white and dark chocolate. Elise Korman, author of several cookbooks on baking, prepares a variety of cookies and delicious mince pies. Emma-Louise, an author, Kimberly Maynard, coauthor of a year of new cookbooks and coauthor of *WGBH* Delicious, a group development company, has found that her grandma loves cookies and neighbors begging for more. And Adam Bell, business development specialist at *100% American*, Ben Korman and food columnist for the *Green Globe* magazine, likes the sweet and savory tang of pickled grapes. As for us, my school picnic was very much in demand in the time of year—the challenge is not to nibble too many while packing them to give away.

We hope you enjoy our gifts from the kitchen. Please feel free to share some of your favorite recipes with the readers of *Food*.

LISE STERN'S SWEDISH SPICED PECANS

MAKES 4 CUPS (SUGGESTED SERVING SIZE: 20)
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 60 MINUTES

I've been making these addictive snack nuts for over two decades. They're a variation on a recipe given to me by my college room mate's mother, Mrs. Peters. The original recipe called for mixed nuts, but I found I always liked pecans best, so I use all pecans. I make several batches at once, as they have become quite popular with friends, family and teachers. The caramels give the nuts a Swedish touch, but they also make great with cinnamon and you can experiment with other spices. For another variation, use half almonds and half pecans. Note: as Mrs. Peters mentioned, do not use margarine. Butter is key in the recipe like flavor of these nuts.

I like to package the nuts in 4- or 12-oz. canning jars, wrapped in a decorative shaker-well and tied with a ribbon. I also pack

them in one 4-oz. or 12-oz. specialty gift tin. Caramels are topped with a dust.

- 4 1/2 cups salted butter
- 4 cups whites
- 1 egg yolk
- 1/2 cup salt
- 1/2 cup ground cardamom
- 1 lb. pecan halves

1. Line a roasting pan with heavy-duty foil, making sure the corners reach as well as bottom of pan (this acts as a cleanup). Slice butter into 5 pieces and place on baking sheet. Put sheet in oven and preheat to 350°F.
2. In a large bowl, use an electric mixer on medium-high to beat egg whites until soft and thick, white and glossy about 5 minutes. Sprinkle in cardamom and beat for a few minutes until incorporated.
3. Check baking sheet. If butter has melted, remove from oven. If pan is butter-free, place pecans in bottom of pan.
4. Add pecans to egg, a few minutes

long, a smooth square or rubber spatula to mix gently, coating nuts thoroughly with egg white mixture.

5. Drop large spoonfuls of nuts around baking sheet in several layers. Use a spatula to scrape any remaining egg white mixture over nuts on pan.

6. Bake in 350°F. for a total of 25 to 30 minutes. After first 10 minutes, remove from oven and stir. Mixture will appear slightly pulled, but will define as you stir. Bake for another 10 minutes and repeat stirring nuts thoroughly. Bake for another 5 minutes and check. Nuts should appear coated with pits tan sugar and shined up past-dry. If they will not stir slightly more, bake for another 5 minutes. During these last 10 minutes, watch carefully as nuts can burn easily in these pans.

7. When nuts are done, remove from oven. Let pan cool on a rack for about 30 minutes, then package into airtight containers. Nuts may be stored in a reusable plastic bag in the fridge or frozen for up to one month; they keep at room temperature for about two weeks.

APPROXIMATE NUTRITIONAL VALUES PER CUP (160 CALORIES): 28G CARBOHYDRATE, 8G PROTEIN, 14G FAT (9G SATURATED), 10MG CALCIUM, 1MG SODIUM, 30 FIBER

CAROLYN FAYE PORT'S DOUBLE CHOCOLATE PEPPERMINT BARK

MAKES 16 BARS (ABOUT A CUP OF BARS)

IS TO 4 CUPS (SUGGESTED)

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 4 HOURS, 30 MINUTES TO OVERNIGHT

This perennially popular gift is something I've been making for longer than I can remember. My mother often serves it at Thanksgiving, making sure pieces placed in long fluted paper cups and arranged as a candy dish. There's something irresistible about the crunch of peppermint candy combined with the richness of the melted white and dark chocolate. This is a great basic bark even without the candy although my personal side appreciates it as a vehicle for using up all those candy canes that accumulate at this time of year.



It's time to try some new ones. A handful sniffs of pineapples and dried cranberries makes for a festive presentation. Dried crystallized pappas and toasted coconut can add a touch of the exotic, and chopped pecans are so seasonal — and exceptionally easy — to use.

Note: The bark will be as good as the chocolate you use — the better the chocolate, the better the bark. You can skip the peppermint candies by placing them in a double layer of plastic bags and crushing with a rolling pin.

1. **Melted** is in permanent chocolate, recently dropped about 1½ cups.
2. **or** white chocolate, dropped at 1½ cups white chocolate morsels.
3. **or** cup coarsely chopped hard peppermint candy (aimed at 1½ cups), chopped into just about 120 to 150 pieces.

1. Preheat oven to 250°F. Line a baking sheet with parchment paper or foil.
2. Place chopped bittersweet chocolate on baking sheet. Put in oven to soften. 3 to 4 minutes.
3. When chocolate is softened but still somewhat chunky (about after 3 minutes) remove from oven and spread lightly with spoon to smooth surface. It should be slightly more than ¼ inch thick. Bake as oven turns off oven.

4. Plop about 1 teaspoon in a measured out bowl. Microwave for 30 seconds then remove to mix chocolate so it will melt evenly. Repeat to microwave for another 30 seconds then check again. Stir until smooth.

5. Remove bittersweet chocolate from oven. Smooth surface with spoon so will be even.

6. Using a soup spoon, drop evenly spaced spoonfuls of melted white chocolate onto the bittersweet chocolate. Then use the spoon to spread the white chocolate through the bittersweet chocolate, making a decorative pattern. Spoonfuls with chopped peppermint candy.

7. Let chocolate sit at room temperature for at least 4 hours, preferably overnight. Chocolate is not what surface is slightly dull. Bark may be "bark etched" in the fridge, but it does melt be stored and served chilled, as it will soften when it comes to room temperature.

8. Cut or break bark into approximately 1½ inch squares. To package, place 5 to 6 squares in a small box or cellophane bag. Alternatively, place paper liners used for

cookies in, middle in a square reusable container and arrange pieces of bark in between. To store, keep at room temperature in an airtight container. Bark may also be frozen.

APPROXIMATE NUTRITIONAL VALUES PER CUP (250 GRAMS), NOT CHOCOLATED, NO PEPPERMINT AND NO (100 CALORIES) (100) CHOCOLATED, WITH PEPPERMINT 100 CALORIES

ELINOR KLING: GLAZED LEMON-CRANBERRY MINI TEA BREADS
MAKES 40 BREADS
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 30 MINUTES

My holiday shopping takes place at the supermarket — thank where I buy the ingredients for my gift baking. At least one month ahead of the holiday rush, it began baking batches of treats to make up my list. These little quark breads, drizzled with lemon and cranberries, have been on my gift list for years. They're fun to mix and easily packaged for shipping to friends, family and friends.

COVER ART

Gifts packaging is a lot of the gift-giving time — it may not be necessary but it is a tradition. Here's a list of ideas for the gifts. If you're sending food through the mail, help the delivery time carrier as you're back to back. That for gifts handed out in friends and neighbors, consider these options.

- **Containers:** Great containers are attractive containers for home-baked goods, nuts, and sweets. Try neoprene bags printed with patterns and text with colors or a mix of these two. You can also use reusable plastic containers or metal tins, topped with a pretty bow. Containers can be plastic containers, you can also use cardboard candy boxes, available from your local grocery store. Place pieces of candy in paper liners. Use the ones used for regular nuts, available in the bakery too.
- **Gift tags:** Place two sheets of different colored tissue paper through bag, then add a container of treats. Alternatively, use gold-colored white paper bags and have your gifts wrapped with white, colored markers and crayons or markers.
- **Wrapping:** Plastic wrap has come in a variety of festive colors. Wrap a dish of cookies or a tea bread with decorative plastic wrap and top with a bow. Or make the wrapping part of the present: place the container in the center of a decorative dishcloth, gather the corners over the top of the container, and tie in place with ribbons.



I make these wraps two levels, as deceptively delicious as some fast-food pizza. *gilt wrap* shows its plastic wrap or cellophane (not on a single ribbon, and freeze them in their gilt wrap). The ingredients can be modified to make eight mini-wraps. You can also take these to work or make fast-food pizza: blend in the baking products milk-bar "Food for Thought" (page 66). Remove the top level from the pizza and baking. Then wrap in cellophane plastic wrap or cellophane and eat with a ribbon.

Discussion

- [illegible]

[illegible]

1. **General Information**

! Preface even to *ISPP Hunter* says more had gone than measured above 500 by 140 by 2 inches.

2: Soft tissue (bulky prostate) and calcifications (nodules) are seen in a small band near the posterior urethra and 1.5 cm of the urethra.

J is a large bowl using an electric motor on medium-speed base turns lettuce out and scrambling 1 cup sugar and one-half cup butter in coffee about 1 minute.

GETTING IT TIGHT

If you're mailing your gift, point to the Best Customer Whip-wad at newspaper & paper towns and get the best box with crumpled paper or making gifts. Make sure you allow at least a week for mailing in order.

Beat in eggs and/or vanilla until blended, about 1 minute. On low speed, mix in half the flour mixture, pour to next pan, or (for mix and vanilla, and blend) the remaining flour mixture and stir incorporated. Use a large spoon to pour on remainder.

4. Divide batter evenly among the last pans. Place the pans into cooler about 8" away from placement and removed from oven. Bake until top is golden edges or light brown and a toothpick inserted in the center comes out clean about 7 minutes. Cool on a rack 10 minutes.

2. Prepare the glass in a small microwave oven for medium heat. Stir together sugar and lemon juice and sugar dissolves, about 5 min max. Use a thermometer to get 8 holes in each of the slightly cooled lemons. Space about 1" apart. Top of glass now ready. Cool lemons completely in plastic bag.

4. The leaves can be wrapped tightly in plastic, wrap-and-stored in warm temperatures for up to three days or frozen for up to six months.

ADDITIONAL INFORMATION: CONTACT FOR ADVERTISING: P.O. BOX 10000, ST. LOUIS, MO. 63188-0000, TEL. (314) 241-2000, FAX (314) 241-2001, E-MAIL: advertising@mcgraw-hill.com, www.mcgraw-hill.com

Abstract

NAME: JERRY
 on the fact, however,
 that, that is, as a result of the fact that

Makes no mistake—plants of various kind and sizes are always welcome at my house around the holidays. With so many guests during the season, though, it's not to get something unexpected in both substance and flavor. For me, different types of homemade pickles fill the bill. The red and green ones are a main



1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

cool to the touch, so I pack them simply in glass jars, show off their colors, and we relax and have around the fire.

Choose grapes of the same color, then you can find, since the color will fade a little over time. These pickles need to be kept refrigerated as they do not put up on heat. Washed just for long-term storage at room temperature. The grapes are a fun snack combination for any holiday season, for a house or hotel.

- 1/4 cup distilled white vinegar
- 1 cup sugar
- 2 Tbsp light brown sugar (packed)
- 1 tsp. salt
- 2 Tbsp. redmond seeds (crushed slightly)
- 1 cinnamon stick
- 1 whole clove
- 1 1/2 to 2 inch piece fresh ginger, peeled and cut into four pieces (redmond seeds are essential to this great taste of a kasha)
- 1 to 2 fresh jalapeno chiles, sliced thin with seeds kept (omit)



Great finds in *Fine Cheese*

Cheeses from around the world – or around the corner – can give your food irresistible flavor

Cheese is one of those ingredients that almost magical as an ability to turn a good dish into a exceptional one. Whereas the cheese is macaroni without cheese? What are nachos without cheese? They're just a bowl of noodles and a pile of plain chips – and where's the fun in that?

Our Fine Cheese department offers a wide variety of cheeses from around the United States and around the globe. It would take volumes to name all the cheeses in the world, but we seek to make our selection easy to understand.

"Our cheeses are grouped in families, allowing customers to easily find what they're looking for," says Gayle Langlois, Hartford's Deli Category Manager. "We provide product information and serving suggestions through signs and sample carts." And you're also Parmesan hard, so the Italian cheeses. If you need a tangy font for a Caesar salad, you'll find it in the Goat Cheese and Feta section. It's that easy.

As Langlois explains, "We look at each family to ensure that we have a variety of local artisan cheeses, imported cheeses, and mass-access varieties too." Furthermore, Hartford has established relationships with artisan cheese makers who develop cheeses especially to our standards. In Wisconsin, for example, the Wisconsin State Dairy (see "Ask the Experts" page 62) makes several Italian hard cheeses for us

while Waterbury Cheese Co. focuses on our January/February mass makers list and creamy blue cheeses.

"We carry all the basics, plus many more unusual cheeses," explains AJ Brouwer, Deli and Food Counter Manager at our store in Wallingford. Mass brands represent from France: Baby Bilingual, Original Saintemont from the Netherlands, and even Norway Rasmalai represent cheese makers from our own region, with Green Hill Blue from Green Hill Dairy in Montpelier, Mass. Baby Bilingual from Faggy Meadlow Farm in Wallisville, N.H. and Casamonte from Rhythmic Farm in Colwick, N.Y., among others.

Each of our mass makers seasonal cheeses. For example, in November we're featuring an Italian hard cheese including Il Vignolo Piccante-Bagnone. This one is especially good in our Gougères and Pico recipes found on the following pages. In December we feature Bites, including one of Gayle's favorites. "Everyone should try Bitterbale Bites," she says. "It's a triple cream trio with extra butterfat added to make a smoother. Spread on a Pinot's Grigio cheese drizzled with honey — it's an experience everyone should love!"

One of the mass makers is a place-based with several cheeses incorporated by crockers, stews, and graps. But cheese enhances other dishes as well, such as our Smoky Cheddar Chowder and our Tiramisu.

Cooking with cheese is a wonderful path to success at the table. Follow the recipes or create your own, and cheese will work magic for you too.

A. FUTURE RESEARCH



Classifying the members of the world into categories. They are commonly grouped by key characteristics, such as physical appearance, language and level of literacy. Some of the subgroups include:

- **Fresh.** Usually served just right to fairly in flavor. Fresh cheese is soft and Examples: Ricotta and cottage cheese.
- **Unseasoned, pressed.** These cheeses are made from curd that has been pressed to expel water. Example: Cheddar.
- **Cooked, pressed.** These have been cooked and pressed and are firmer than the unseasoned pressed cheeses. Example: Swiss Emmentaler.
- **Salt-cured or brined.** These cheeses are neither pressed nor cooked and acquire their saltiness from the brine in. They have a distinct consistency and often white, watery discolor. Not Example: feta.
- **Heated and salt.** This cheese is naturally washed during natural and salt curing. Types of Spanish manchego are not similar as others. It takes 3-6 weeks and 1-2 times longer. Example: Port Salut.
- **Unseasoned.** The most of these cheeses come naturally during the aging process. Their texture is fairly dense. Examples, many go to mild cheeses.
- **Blue-veined.** Another category pressed and often made from cows with these cheeses are marbled with blue-green veins of mold. Example: Comté.
- **Processed.** These cheeses are usually a blend of natural cheese and other ingredients, such as flavorings, emulsifiers and stabilizers. Examples: American cheese and cream cheese.

A bar chart showing the percentage of respondents by age group who believe that the current U.S. president is a good person. The x-axis represents age groups: 18-29, 30-49, 50-69, and 70+. The y-axis represents the percentage, ranging from 0 to 100. The bars show that the percentage of respondents who believe the president is a good person decreases as age increases.

Age Group	Percentage
18-29	~65%
30-49	~55%
50-69	~45%
70+	~35%

[illegible]

1000

[illegible]

Don't be alarmed by the large field of the recipe — these delicate, ivory-thin profits are great (and good) and they freeze well! They also grow well with soup or salad instead of rice. Congee is best served warm, and they're easy to personalize with different flavors. Try Cheddar or Fontina to make an odd married dish for in such a theme, warmers or heat another layer.

- | | |
|-----|--|
| 1) | Cup (small) |
| 2) | Cup (medium) or 2 pint (small) mugs |
| 3) | Cup (small) or butter (1 stick) - out for 20 minutes |
| 4) | Butter (small) |
| 5) | French Cheese |
| 6) | French Cheese |
| 7) | Cup (small) or butter |
| 8) | eggs |
| 9) | egg white |
| 10) | Cup (small) or Cheese - grated (about 1/2 cup) |
| 11) | Cup (small) or Cheese - grated (about 1/2 cup) |

1. Adjust oven racks in upper and lower thirds of oven and heat oven to 425°F. Line two large baking sheets with parchment paper or nonstick baking liners and set aside.
2. In a medium nonstick heavy sauce with butter and rapeseed oil and sautéing in heat stirring constantly over medium-high heat. Remove from heat and add oil and the flour in spoon. Beat vigorously with a wood stick to form a thick, creamy bearing until both no longer sticks to sides of pan. Remove pan to medium heat and combine bearing and remaining the paste in the pan in step 4 out a bit about 2 minutes.
3. Transfer: turn out to a food processor bowl and with lid tube open process briefly to cool about 15 seconds. Sipping the motor is necessary to scrape down the bowl. Add eggs and egg white one at a time making sure each egg is incorporated before adding the next. Cream will be glossy and smooth. With mixer still running, add Coconut and Parmesan and remove and

ch. 10, p. 399) and Billy Marmon, who transfer material to a barrel and use the eggs and cheese as a feeding system.

- **Thermals:** before use in a poultry bag (lined with a 1/8-inch gap in a large heavy muslinlike plastic bag, then heavy to-tens of poultry bag or canvas or plastic bag) using plastic bag; snap off 1/8 inch of one corner with scissors. Squeeze through once prepared (holes in 1/4 inch muslin (about the size of small volume) spaced 2 inches apart).
- **Alternately:** use a tarpaulin to wrap small holes of drags and place an heating them. It doesn't use the back of a muslin draped in cold weather (after the shape and smooth the surface of the muscles).
- **Take in 1/2" without opening even slow for 17 minutes.** (Before from 10-15" and continue taking small pulls are pulled; however, from 10-15" and have doubled in size after 12 additional minutes).
- **Remove pulls from oven and turn off heat.** Using the tip of a sharp pair of forceps (or a 1/4-inch hole) use the rule of each pull to release muscle, and return pulls to the oven, prepping their ends with a wooden spoon. (Allow pulls to dry and cool slightly, about 30 minutes, and cover (if possible) be cooled completely placed in a muslinlike plastic bag, and stored in cool temperature for 24 hours or frozen for one month). To serve: crisp roast temperature (possibly in a 300°F oven for about 5 minutes, or frozen portions for about 100 minutes).

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FROM THE EDITORS

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Some steaks are a creamy white with pink tails, or are a garnet with a simple green tint. A somewhat darker charcoal, steak are more cooked than your pale gold. At this stage they'll taste of smoky char, but if they overcook, the char will take on a bitter note.

Cheese crisps can be used as a garnish with salad or in place of crackers with a bowl of soup.



- 8. in: *Finest extra-virgin olive oil*
- 9. top: *Canola or olive oil*

1. Coat sheets on large sides of a 10-inch metal roasting pan.

2. Brush oil over the bottom of a large heavy nonstick skillet over medium heat to create much crisp place. 3. Top chicken in a 2½-inch round in the skillet. Roast about 12 inches between rounds (depending on size, skillet should accommodate 4 or 5 rounds). Cook chicken without moving it until it makes bubbles (sprinkle slightly and baste with brown very lightly around the edges, about 3 minutes). Carefully loosen and flip chicken strips with a flat wooden spatula, and cook on second side until very pale gold, about 1 minute. (A pan appears to overheat or smoke, lower heat accordingly.) Remove strips from pan to a paper-lined platter and repeat process with remaining chicken in as many batches as necessary. (Additional oil will not be needed after second batch.) Cool from room temperature before serving. May be made in advance and stored in an airtight plastic container or bag in refrigerator or freezer. Allow to come to room temperature before serving.

APPROXIMATE NUTRITIONAL VALUES (PER SERVING): 20 CARBOHYDRATE, 20g PROTEIN, 10g FAT, 10g SATURATED, 10g CHOLESTEROL, 10g SODIUM, 10g FIBER

SMOKY CHEDDAR CHICKEN SOUP

ACTIVE TIME: 1 HOUR
TOTAL TIME: 3 HOURS (INCLUDING A 1-HOUR REST FOR FLAVORS TO BLEND)

This hearty soup is perfect for chilly days. It can be made with whole milk instead of half-and-half, but doesn't reheal as well. For a lighter version, use milk and serve immediately.

- 1. Top: *unsalted butter*
- 2. Top: *medium, chopped medium*
- 3. *medium, peeled and chopped*
- 4. *large, peeled and chopped medium*
- 5. *medium, peeled and chopped medium*

- 6. *large bay leaves*
- 7. *top: *unsalted butter* or 1½ top: *oil**
- 8. *in: *unsalted butter* or 1½ top: *oil**
- 9. *in: *unsalted butter* or 1½ top: *oil**
- 10. *in: *unsalted butter* or 1½ top: *oil**
- 11. *in: *unsalted butter* or 1½ top: *oil**
- 12. *in: *unsalted butter* or 1½ top: *oil**
- 13. *in: *unsalted butter* or 1½ top: *oil**
- 14. *in: *unsalted butter* or 1½ top: *oil**
- 15. *in: *unsalted butter* or 1½ top: *oil**
- 16. *in: *unsalted butter* or 1½ top: *oil**
- 17. *in: *unsalted butter* or 1½ top: *oil**
- 18. *in: *unsalted butter* or 1½ top: *oil**
- 19. *in: *unsalted butter* or 1½ top: *oil**
- 20. *in: *unsalted butter* or 1½ top: *oil**

1. In a large, heavy-duty stock pot, melt butter over medium heat. Add onion, carrot, celery and garlic and cook, stirring occasionally, until softened, about 5 minutes. Add bay leaves, thyme and lemon juice to chicken, cover and cook, stirring occasionally, until liquid is just tender, about 10 minutes. Do not brown. If you have time, turn off heat and let rest for 1 hour to allow flavors to meld. 2. Add potatoes and chicken broth, increase heat to medium-high, bring to a boil, and reduce heat to medium. Cover and cook until potatoes are just tender, 12 to 15 minutes. With a wooden spoon, mash some cubes of potato against side of



put, and (3) use your whisking arm at the 5 o'clock position inside each chamber about 1 minute.

2. Reduce heat to low and half and half and heat chamber until it's hot and almost but not quite steaming. Whisking gently and continuously add Cheddar cheese about ½ cup at a time, making sure it's fully melted and incorporated before adding more. Season chamber with salt and pepper. Remove top leaves and discard.

4. Ladle cheddar into handle, sprinkle each serving with chives if desired, and serve with crackers or bread baguette.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 450 CARBOHYDRATES, 150 PROTEIN,
200 FAT (11% saturated, 50% cholesterol),
OTHER NUTRIENTS TO FOLLOW

TI RAMISU

SERVES 12

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS: 100% WHOLE MILK YOGURT

Just a roller, creamy mascarpone cheese, and a hint of chocolate make for a perfect summer dessert that's easy to assemble in advance, just chill overnight and serve the next day.

Note: Be sure to work very quickly when dipping the ladyfinger cookies into the coffee, if they spend more than a few seconds in the liquid, the finished dessert will have a soggy, heavy texture.

1. cups double strength instant coffee
2. cups dark rum, divided
3. cups chilled heavy cream, divided
4. cups sugar
5. egg salt
6. in mascarpone cheese
7. in 1 cup, instantized ladyfingers, about 44 cookies (imported by the Bakery)
8. 1/2 cup, unsweetened chocolate, grated (about 1 1/2 cups)
9. cups cocoa powder

1. Combine coffee and 1/2 cup of the rum in a pie plate or wide baking dish and set aside to cool.
2. Make mascarpone cream in a medium

bowl, combine 1/2 cup of the heavy cream, remaining 1/2 cup of the rum, sugar, salt, and mascarpone cheese. Mix well and set aside.

3. Pour remaining 1/2 cup cream into a large bowl and beat with an electric mixer until it holds soft peaks, about 5 to 7 minutes. Be careful not to overbeat. Using a rubber spatula, gently fold about 1/3 of the whipped cream into the mascarpone mixture to lighten, then gently fold in remaining whipped cream and mixture is finished. Set aside.

4. Assemble dessert: Working one at a time, roll half the ladyfingers very quickly in coffee mixture and arrange in a single single layer in a 8-10-12-inch glass or ceramic baking dish, breaking or crushing ladyfingers as necessary to fill the dish. Spread half the mascarpone cream evenly over ladyfingers, using a rubber spatula to work mixture into corners of dish and to smooth surface. Sprinkle with finely grated chocolate evenly over the mas-

carpome, then repeat dipping and arranging remaining ladyfingers over the mascarpone and chocolate layer. Spread remaining mascarpone evenly over the second layer of ladyfingers, smooth top with spatula, and sprinkle with remaining chocolate.

5. Cover tightly with plastic wrap and refrigerate for at least 2 1/2 hours. An evening later, remove plastic wrap, place cocoa powder in a fine mesh sifter, and sprinkle evenly over top of dessert. Wipe edges of dish clean, and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
400 CALORIES, 450 CARBOHYDRATES, 150 PROTEIN,
200 FAT (11% saturated, 50% cholesterol),
OTHER NUTRIENTS TO FOLLOW

Previews food and travel writer Adam Rich is the host on Globe Magazine cooking columnists and the Boston-based special on the PBS show America's Test Kitchen.





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by kimberly mayone
photographs by frances janisch



one-dish wonders

Join the jet set with complete meals that bring international flavors to your table in record time

Unlike one-hit wonders, one-dish wonders are likely to appear on your table again and again. They're usually what home healthcaredists need: complete meals with vegetables, protein, and a starch prepared and ready to eat in under 30 minutes. These entrees are all in made on the stove top.

Our recipes span the globe. Vegetarian Curry Soup takes its cue from Indonesian and Indian cooking. Spanish Shrimp and Garlic Pasta is a casual and gustatory treatment of sautéed rice and vegetables. With its roots in Mexican cuisine, Skillet Pork Florentine packs a punch of flavor. Indian-Inspired Tiramisu with Chicken and Jeerak is the perfect recipe for those nights when you just don't feel like cooking—the dish comes together beautifully with minimal effort.

There are a few essentials for optimal ease in Meals in Minutes cooking. Planning ahead for a few dinners, and shopping with a grocery list are key. You're much less likely to make one if you have all the ingredients on hand for a planned meal. Before you start cooking, read through the recipe and take out all the ingredients and necessary equipment. It may seem awkward at first, but once you make this meal one step at a time, you'll be pleased at how much time you'll save during the actual cooking.

If you find that these one-dish wonders are popular with your family, expand your repertory. Keeping your pantry stocked with staples makes it easy to design your own meals on the fly. With one-dish wonders, you can prepare delicious, wholesome meals in the same time it takes to have pizza delivered.

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Using traditional ingredients — fresh seafood, colorful vegetables, and polenta rice — we've transformed the classic Spanish dish into an easy weeknight's supper. Chausson is a spicy Portuguese sausage. Inspired more the standard sausage, Chorizo, a Spanish and Mexican sausage, can be substituted for the chorizo.

- [illegible]

- 1 Heat olive oil in a medium-large (12 inch) sauté pan. Sauté over medium-high heat Acid Chowder. When it begins to sizzle, add onion, black pepper, bay leaf, and pepper and stir well. Cook and stir until the vegetables begin to wilt, about 1 minute.

3. Stir well, cover, and reduce heat to medium-low. Cook for 18 minutes.
4. While not masticating, peel and dehusk shrimp. Remove shrimp tails.
5. Add shrimp and scallops to pot, stir, and cover. Increase heat to medium and cook for 4 to 5 minutes, until rice is tender and scallops is cooked through.
6. To serve, divide among four shallow bowls and garnish with scallions.



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APPROXIMATELY 500,000 TO 1,000,000 PERCENT OF THE
POPULATION OF THE UNITED STATES ARE REPORTED
TO BE IN THE FOLLOWING CATEGORIES:
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CURRIES TOPPED WITH VEGETABLES
AND RICE

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References

Popular in Indonesian cooking, tempeh is made from fermented soybeans. Its flavor isn't fully "with a pleasing chewy texture." Tempeh is a great source of protein and is high in beneficial phytochemicals (lycopene, lutein, chlorophyll). Look for it next time you're at the refrigerated section near the Produce department. Means an Indian-based cuisine like curries or dals may also carry its name since they incorporate advantages of protein vegetables which also can be found in our Protein chart area.

Less-Is-More Desserts

Hold the butter and the wheat for surprisingly tasty treats

KEY WORDS: *Salmonella enteritidis*; *Salmonella enteritidis* phage type 14; *Salmonella enteritidis* phage type 14; *Salmonella enteritidis* phage type 14

With the cold weather setting in, and the holiday season in full swing, she says to live up the oven and toaster does with a great dinner recipe. Having a nice hot dinner doesn't mean you have to live without baked goods. Many delicious dinners will please the whole family and will be safe for you as you without an autoimmune related issue.

More and more people are living with what-related allergies such as urban dusts, but even for those of us who aren't obligated to eliminate them, it's not a bad idea to try to keep low dusts. Different experiences in Humana's office have made me a range of places: free sources, such as our use of air filters; wearing these filters; our use of air purifiers; and our use of air purifiers. Our use of air purifiers is not always used, and even sometimes produces discomfort that results in the use of air purifiers. It is possible to create a successful whole-house dust-free environment. Our use of air purifiers is not always used, and even sometimes produces discomfort that results in the use of air purifiers. It is possible to create a successful whole-house dust-free environment. Our use of air purifiers is not always used, and even sometimes produces discomfort that results in the use of air purifiers. It is possible to create a successful whole-house dust-free environment.

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Some studies in the United States have shown that an artery in the upper left people has more clogged. People who have clogged arteries cannot tolerate a protein called lipids, which is found in meat, eggs, and dairy. The disease damages the small intestine and interferes with the absorption of nutrients from food. The only treatment for celiac disease is diet change to avoid the offending grains. There is some debate over whether oats are safe and people with gluten sensitivity should avoid a dairy-based diet. Others say to eat what you like.

People following a *vegan* diet believe that they'll never again see their look like a cheese pizza of color. But our veggie show that you can eliminate butter and eggs and still create delicious baked goods. With these three tried and true veggie-pizza mixers, a friend or family member can spread that hot chili-laden veggie — and have the rest of the crowd come back for seconds.

The important thing to remember is that changing your diet doesn't have to mean giving up sweet treats. These recipes are quick and easy, require no special effort, and use ingredients that are so easy to find. Whether you're dealing with allergies or just experimenting with delicious wheat, rice and vegan baking can produce truly amazing results.

APPROXIMATE QUANTITIES
OF MATERIALS REQUIRED

BRACKEN ABOUT 20 MINUTES LONGER.
ACTIVE TIME 10 MINUTES
TOTAL TIME 30 MINUTES



A mix of dried beans adds a chewy texture to this spicy-meatred cooler. Puffed rice steeps in rice flake; available in specialty stores, can be substituted for rice.

- | | |
|-----|--|
| 1/2 | cup of 8. official soy margarine w/ room temperature |
| 1/2 | cup (brown sugar) |
| 1/2 | cup-rice flour |
| 1/2 | cup-1/2 cup of 100% Dried Fruit All Purpose Baking Flour |
| 1 | cup (oil flavored) rolled oats (not quick cooked) |

- ④ top wall
 - ⑤ top lumbar-rod
 - ⑥ top railing
 - ⑦ top covers
 - ⑧ top-ground-connection
 - ⑨ stop-stopped steel supports
 - ⑩ stop steel connection
- ⑪ Pushes over to 150°F (use a baking plate with parchment paper or lightly grease with oil separator)
- ⑫ In a larger bowl, beat sugar for now



1/2 cup (120 g) granulated sugar
1/2 cup (100 g) brown sugar
1/2 cup (100 g) white sugar
1/2 cup (100 g) white sugar
1/2 cup (100 g) white sugar
1/2 cup (100 g) white sugar

CHOCOLATE FUDGE CAKE WITH RASPBERRY COULIS

SERVES 12
ACTIVE TIME 30 MINUTES
TOTAL TIME 1 HOUR 30 MINUTES
INCLUDES COOKING TIME

This dessert is a chocolate lover's dream — the cake is moist and dense, with a deep chocolate flavor that comes from a mix of cocoa and hazelnut chocolate. It's a real winner served with our tangy Raspberry Coulis.

Ingredients

- 1/2 cup (120 g) granulated sugar
- 1/2 cup (100 g) brown sugar
- 1/2 cup (100 g) white sugar
- 1/2 cup (100 g) white sugar
- 1/2 cup (100 g) white sugar
- 1/2 cup (100 g) white sugar

surprise, and leaves sugar in its elements and creamy soft by hand with a wooden spoon or with an electric mixer on medium speed (about 1 minute).

3. In a separate bowl combine dry flour, gluten-free flour mix, salt, baking soda, nutmeg, cloves, and cinnamon. Stir gently with a whisk to make sure there are no lumps. Add dry ingredients slowly to mixture and sugar mixture and stir until well combined. Do not overmix. Stir in chopped pecans only if you desire. Bake until just by hand just to doneness.

4. Using a sharp spoon, scoop without over-poking of cookies dough into prepared sheet, leaving about 2 inches between sheets. Press down slightly on each cookie to flatten dough.

5. Bake cookies at 350°F for 13 to 15 min until light brown and slightly firm on the outside. Let cookies cool on sheet at least 5 minutes so they can begin while still warm. These cookies are best the day they're made. Store them in an airtight container

- 2. Top baking soda
- 2. Top salt
- 2. Top nutmeg
- 2. Top cinnamon
- 2. Top white sugar
- 2. Top white sugar
- 2. Top white sugar
- 2. Top white sugar
- 2. Top white sugar
- 2. Top white sugar

Raspberry Coulis

- 1. 1/2 cup (120 g) unsweetened raspberries
- 1/2 cup (100 g) sugar
- 1. 1/2 cup (120 g) unsweetened raspberries
- 1. 1/2 cup (120 g) unsweetened raspberries
- 1. 1/2 cup (120 g) unsweetened raspberries
- 1. 1/2 cup (120 g) unsweetened raspberries

1. Preheat oven to 350°F. Grease a 9-inch round pan or other cake pan with margarine or butter oil.

2. Melt chocolate in a double boiler over low heat or in a microwave on medium

for approximately 3 minutes. Stir until smooth and set aside.

3. Combine gluten-free flour, potato flour, rice flour, cocoa, baking soda, salt, and sugar in a large mixing bowl. Stir with a whisk to remove any lumps and mix well.

4. Beat coffee, vanilla, oil, and vanilla over dry ingredients and mix vigorously until no dry spots remain. Stir melted chocolate into batter. Batter will be thin but don't overmix.

5. Using a rubber spatula, spoon batter evenly into prepared pan and smooth top slightly.

6. Place pan on middle rack of preheated oven and bake at 350°F for 38 to 45 minutes or until a toothpick inserted into center of cake comes out clean. Be careful not to overbake, or cake will be dry.

7. Let pan cool on a wire rack for 3 hours until fully cool, then invert onto a serving platter. Fill center with sugar over top of cake.

8. While cake bakes, prepare Raspberry Coulis. In a medium saucepan combine raspberries, sugar and water. Cook over medium heat, stirring and mashing berries with a spoon. Cook for 3 to 5 minutes until berries release their juice and sugar is dissolved.

9. Press puree through a fine strainer and press on back side of a spoon until only seeds remain in strainer. Return puree to saucepan. Over medium-high heat, bring to a boil for 1 minute. Remove from heat and stir in lemon juice if desired.

10. To serve, spoon a generous 1/2 cup coulis onto a plate. Place a slice of cake, upright, in the center. If desired, garnish with fresh raspberries.

GLUTEN-FREE FLOURS

For people living with celiac disease or those who are just about gluten-free, it's a good idea to have a gluten-free flour on hand. The Gluten-Free All Purpose Baking Flour available in many of our stores contains potato starch along with rice flour made from gluten-free rice, tapioca, sorghum, and brown rice. It's a fine mix that's free available in our Organic and Natural departments. At Natural Mills also makes a variety of gluten-free flours including white rice, millet, buckwheat and soy flours.

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PHOTOGRAPHY BY JEFFREY M. HARRIS

STYLING BY JENNIFER L. HARRIS

1/2 cup (120 mL) honey

SPICED HONEY CAKE WITH AUTUMN COMPOTE

SERVES 12

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES (INCLUDING COOLING TIME)

This honey cake has a flavor reminiscent of gingerbread.

Note: Spry substituting cup half vegetable oil spray before pouring in honey and honey will give already one of the cup.

Honey Cake

1 1/2 cup honey or maple syrup

1/2 1 cup but, strong coffee

1/2 1 cup apple cider

1 1/2 cup vegetable oil, such as canola

1 1/2 cup brown sugar

1 1/2 cup (120 mL) honey

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1 Preheat oven to 350°F. Grease a 9- by-9-inch loaf pan.

2 Prepare honey cake in a medium mixing bowl combine honey and hot coffee, for gently small honey droplets. Add apple cider, oil, and brown rice to honey mixture and stir until well combined.

3 In a separate medium mixing bowl, combine gluten-free flour, baking powder, salt, cinnamon, ginger, and nutmeg, stirring until well mixed to remove any lumps.

4 Add dry ingredients to honey mixture and stir with a wooden spoon until smooth, do not overmix.

5 Pour cake batter into prepared pan and place on middle rack of preheated oven. Bake at 350°F for 40 to 45 minutes. Use a toothpick inserted into center of loaf comes out clean. Cool on a wire rack for 10 to 15 minutes. Center of cake may sink a bit as cake cools.

6 Run a knife around edge of cake and invert cake onto a plate; then flip it right side up.

7 While cake bakes, prepare compote. In a medium bowl combine apples, pears, sliced cherries, and lemon juice; let stand.

8 In a large microwave combine apple juice, honey, lemon juice, cinnamon stick, or ground cinnamon, and ginger and place over low heat. Cook gently for 5 minutes, stirring occasionally until syrup becomes fragrant with the scent of cinnamon.

9 Add fruit mix in hot syrup. Cook over medium-low heat for another 5 minutes or until fruit is just barely soft. Compote is ready when it's bubbling and fruit is slightly soft, but not mushy. Remove from heat and can remove stick if used, and discard.

10 Remove from heat and stir in vanilla. Both cake and compote may be made in advance and served as refrigerator. Allow cake to come to room temperature and gently heat compote before serving.

11 Remove, place a slice of honey cake first on a plate. Ladle 1/4 cup compote on top.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(1/2 CAKE/1/4 CUP COMPOTE): 301 CALORIES
16g FAT (10g SATURATED) 100g CARBOHYDRATE,
100g PROTEIN 10g FIBER



Creative Ways to Serve Veggies

Nutritionists find that giving kids a variety of fruits and vegetables is one of the most challenging problems in your household. Remember, it takes about 100 exposures, including sight and taste, before a child will accept a new food. So, try these ideas, and you'll be on your way to a healthier, happier child.

Vegetables are fun. If the more nutritious foods available, turning a vegetable can be child kugging when you play. When kids pick their way out of an adult's plate, once they don't like to have that you get young ones to try it. even if it's a vegetable and available a healthy eating habit that lasts into adulthood!

First, be aware that children may have got really legitimate reasons for saying no. Their taste buds are more sensitive to bitter tasting foods like some vegetables. Reduce the bitterness about trying new foods. Experiment you may have to offer the same food they're refusing, like a carrot vegetable, several times before they'll feel like enough and ready to love it. With patience, persistence, and creativity, you can help kids learn to eat and enjoy these vegetables.

Many people say they would serve more vegetables if they knew more ways to prepare and serve them. Here are some creative and fun healthy vegetable recipes along with a delicious Homemade Gumbo, Spinach, and more squash. This squash has a natural and mild sweet taste like a carrot and mild sweet taste like a carrot. It also has a natural mild sweet taste like a carrot. It also has a natural mild sweet taste like a carrot. It also has a natural mild sweet taste like a carrot.

- Make your own quick vegetable soup using "steamed" or salted potatoes, frozen mixed vegetables, and chicken bouillon. Top with a small dollop of low fat cream cheese.
- Place slices of turkey or meatloaf on top of a tomato slice. Add a layer of sliced mushrooms, sliced cheddar cheese, and a layer of sliced tomatoes. Bake at 350°F for 15 minutes.

- Create a "vegetable" with an assortment of vegetables and other ingredients. Cooked broccoli florets, cut cherry tomatoes, sliced peas, sliced and sliced sweet corn, and baby carrots. Use your own.
- Add ingredients to help kids "learn" about food. Use a bowl with shredded carrots, shredded cheddar cheese, sliced potatoes, and turkey slices or homemade turkey meatloaf. Lightly sautéed with oil and onion. Use your own.
- Serve baked potatoes with a choice of toppings: fresh salsa and sliced and sliced sweet corn, for example. Or mix with a bit of olive oil.
- Put a bowl of potatoes, cut into wedges, then bake with a small amount of olive oil and sprinkle lightly with cinnamon. Place on a baking sheet and bake at 400°F for 20 minutes.
- Cut red, green, yellow, and orange peppers into strips and dip into sliced tomatoes and sliced sweet corn.

- Make a big bowl of salad with help from the kids. Let younger kids wash and tear lettuce and other leafy vegetables and mix the salad and homemade dressing by cutting the lettuce at a bowl of salad. Use small cubes of fruit and mix with a bit of olive oil. Use your own.
- Have a make-your-own pizza party with an assortment of sliced and sliced vegetables. Use a bowl of sliced potatoes, sliced sweet corn, and sliced sweet corn. Use your own.

• Cut tomato into half, remove the seeds and pulp, and fill with a spoon of tomato sauce with light seasoning. Sprinkle with low fat cheese and bake at 350°F for 15 minutes.

Try our Gumbo, Spinach, and more squash. This recipe is easy to make and can be made in a large batch. It's a great way to get kids to eat more vegetables. It's a great way to get kids to eat more vegetables. It's a great way to get kids to eat more vegetables.

BAKED SQUASH WITH APPLE STUFFING (2 SERVINGS)

- 1 small squash, halved and seeded
- 1 apple, peeled and diced
- 2 Tbsp. olive oil
- 2 Tbsp. finely chopped onion
- 2 Tbsp. low fat butter, melted
- 1/2 cup of fresh ground black pepper

- 1. Preheat the oven to 400°F. Prepare the squash by cutting out the seeds and cooking for 15 minutes.
- 2. Place the squash cut side down in a baking pan. Bake for 20 minutes.
- 3. In a small bowl, combine the apple, onion, and butter. Mix well.
- 4. Turn the squash cut side up. Top with the stuffing and bake for 15 minutes more. Serve hot.

Home Sweet Home

Create holiday memories with a charming gingerbread house

BY BASH BURRELL, IN A COLLABORATION WITH FRANCES JENSON



CHILL OUT A GINGERBREADHOUSE

With him, you'll find your child does not see it as they eat out with a friend, and a chance for a magical gingerbread house. Then, travel to their focused concentration as they transform the house with delicious decorations. The weather outside may be frightful, but your home will look — and smell — delightful as you bake, build, and decorate this traditional holiday treat.

GINGERBREAD COOKIE DOUGH

Makes enough dough for one gingerbread house (see listed above) plus scraps for a few cookies, or about 3-5 small 2-inch cookies.
ACTIVE TIME: 1 HOUR 10 MINUTES
TOTAL TIME: 3 HOURS 30 MINUTES
DOES NOT INCLUDE BUILDING TIME

This is a mild-flavored gingerbread, perfect for young palates.

- 1 cup light-colored shortening
- 1 cup light brown sugar
- 1/4 cup dark corn syrup
- 1/4 cup molasses
- 1/4 cup all-purpose flour
- 2 tsp. baking soda
- 1 tsp. salt
- 1/4 tsp. ground cinnamon
- 1 tsp. ground ginger
- 1/4 tsp. ground cloves
- 1 recipe Royal icing (see page 45)
- Candy for decoration

1. In a large mixing bowl, use an electric mixer on medium speed to beat shortening and brown sugar until they are light and creamy, 1 to 3 minutes. Add corn syrup and molasses and beat until combined.

2. In a separate bowl, add together flour, baking soda, salt, cinnamon, ginger, and cloves until combined. With mixer on low speed, beat 1 cup of the flour mixture into the shortening and sugar until combined. Repeat until all the flour is incorporated into the dough. The dough will be soft and sticky.

3. Remove bowl from mixer, gather dough by hand, kneading and packing it into thirds. Flatten each third onto a disk, wrap in plastic wrap, and chill in refrigerator for 1 hour.

4. Preheat oven to 325°F. Set oven rack on top third of oven. Have your pattern pieces ready (the pattern on page 44 offers a sug, gourd pattern).

5. Remove dough from refrigerator and roll out with hand between two sheets of baking parchment until just over 1/4 inch thick. Remove top layer of parchment and place pattern pieces over dough, leaving at least 1/4 inch between sections. Cut out sections with a sharp knife or pizza cutter.

6. Peel away dough around sections, using a butter knife or thin metal spatula. Keep

Cooking with Kids

and one on parchment and inside to a binding sheet. If there is excess parchment, paper can extend to outer. **Chaff** (straw) for 15 minutes while you roll and cut remove any dough. Place these pieces on a second binding sheet and chaff for 15 minutes.

2. Place chaffed binding sheet on inner end (side in 2237) for 2 to 15 minutes until outer pieces are fragrant and slightly limp but not browned. Remove them over.

Conform pieces may spread slightly during binding. While cooking are hot, place parchment cases over each section and when cooled

CONSTRUCTION REQUIREMENTS

There it stood a few steps in front of your
gingerbread house, looking like a perfect
little weather-vaned little house.

1000

- [illegible]

154

- After grappled dough and roll
- Cut the dough in half, from the dough and later food was and served

44

- **Anterior Horn Degeneration**
- **Wallerian degeneration:** the disorganized process

necessary. (Make sure they sit at a table, not cook on the grill, because while they cook, smoking can make eating difficult.) If you're smoking outdoors, make sure you have a fire extinguisher on hand.

4. Use a thin spatula to remove cookies from baking sheet. Place on wire racks to cool completely. Wrap in plastic wrap if not using immediately. Cookies may be frozen for several days or frozen (baking time).
5. Bake one day remaining dough, roll it out to 1/8 inch thick and cut out cookies. Repeat baking procedure above.
6. **Build professional brownies:** Cream a round or rectangle of softened butter to use as a base. Have royal icing prepared. Heat 5 cups water in a heavy stainless-steel pot; heat

use as "plus" Cover and shall remain strong until price ready to decrease 2 1/2 % each. Diamond also all the same back bottom corner

- 11.** Remove plants: wrap from grape-stemmed plants. Give two-and-a-half to two-and-a-half inch and then press to make them very tight. Use soap to dry before processing. Use soap to dry before processing. Allow at least 30 minutes for soap to set.



DECORATING IDEAS

- **Roof:** For tiles, chocolate water cookies (made with 1/2 cup oil) coated with shredded white wheat cereal (1/2 cup)
- **Windows:** Sugar or licorice beads
- **Snow:** Marshmallows or shredded coconut
- **Trees:** Sprinkle dark or cream cones
- **Buildings:** Gumdrop trees
- **Drinking station:** pathway "Wider visitors"
- **Decor:** Chocolate bar with maraschino coated chocolate pick for scaffolding

as the roof will be carrying a lot of weight with the chimney and all the decorations.

13. Position chimney on roof and glue a last place. Allow to set (30 minutes).

14. Decorate. This remaining long with food coloring as desired and place each color in a separate heavy resealable plastic bag. Trim 1/4 inch off corner of each bag so you can squeeze out icing. Place candy for decorations into bowls (see "Decorating Ideas" above). Glue doors and windows with icing or glue candy into place. You can decorate the gingerbread houses at the same time. The completed gingerbread houses will last for several weeks.

APPROXIMATE NUTRITIONAL VALUES FOR GINGERBREAD HOUSES, TWO COOKIES/COOKIE, 10 PERCENT FAT (OR EQUIVALENT) TWO COOKIES/COOKIE, 10 PERCENT FAT (OR EQUIVALENT)

GINGERBREAD

MAKES 2 COOKIES

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Boiled long, hardens when it's dry, making it the perfect "glue" for frosting. The powdered egg whites to eliminate concerns about consuming raw egg whites.

1. Top powdered egg whites (dried) in the baking pan.
2. Top cream of tartar.
3. If (if) too spotted (more water added) (if) white & (dried).
4. Top (white) plus (white) as needed.



GINGERBREAD HOUSES
MAKES 2 COOKIES/COOKIE

1. Top (white) plus (white) as needed.
2. Top (white) plus (white) as needed.

1. In a large mixing bowl, put together powdered egg whites, cream of tartar, and confectioners' sugar. Stir in water. Using an electric mixer, beat on high speed for 5 to 7 minutes until icing is smooth and stands up in stiff peaks. Use in 2 cups (brown) and beat on low speed until icing is smooth. Icing should be spreadable. If it seems dry, add more water; a few drops at a time. Until smooth. If it seems runny, add more confectioners' sugar. 1. Top: in a bowl.

2. If using icing for decoration, divide it among small bowls and mix with food

coloring. If using it as glue for the gingerbread house, use in an extra tablespoon or so of confectioners' sugar to make it. Use immediately or cover icing tightly with plastic wrap and refrigerate long. In short when exposed to air. Use within two days, as instructed.

APPROXIMATE NUTRITIONAL VALUES FOR GINGERBREAD HOUSES, TWO COOKIES/COOKIE, 10 PERCENT FAT (OR EQUIVALENT) TWO COOKIES/COOKIE, 10 PERCENT FAT (OR EQUIVALENT)

Gingerbread is a South Island (British) writer and recipe developer who loves baking with her son.



Cheers to the Season

Get it done: As planned, you'll find a host of great wine choices to serve with turkey and ham, as well as a range of sparkling wines to toast and end every meal festively.

The daylong meal is the biggest meal of the year, but it's also the easiest to match with wine. Start your meal: opt wines of the month from **Blazing with Bubbles**, well-made Chardonnay and Merlot take center — they're a delicious part of American wines to complement the most American holiday meal. Turkey also does well matched with a fruity red like those from **Harvestwood** or **Four Vines**, or a light-bodied Rosé from **Harvestwood**. Our Limited Reserve has certain terrific Pinot Noirs. Sparkles and other holiday wines too.

Wine, which is sweeter and smoother than turkey, is just as well: locally **Connoisseurs** Sparkling (or **Josef Winery's** **Barbecued**)

and **Pinot Gris (Connoisseurs)** pick up Santa's Bubbles beautifully. **Sparkling** **Pinot Noir** and the more thoughtful sparkling style of Chardonnay also complement ham.

And don't forget New Year's to pick up some sparkling wine. It's great all year round! Sparkling cheers your feasts, whether you're in the mood to find something that doesn't go well with it. We carry sparkling wines in all price ranges. From the rich and heavily oaked **Harvestwood** (which is the gold standard) **Pinot Chateau**, that Champagne has a rose color and a richer fuller taste, thanks to the touch of Pinot Noir added just before bottling. Fill up a saucy New Year's wine case with holiday choices and be on your merry way.

— **Merica** (Wine with contributions from Sam Mason, Harbinger's Fine Wine Buyer)

the best flavors
of the season—
all rolled into one

Taste of Inspirations
Turducken

1. Preheat oven to 350°F. Butter turkey.

2. Stuff turkey with stuffing.

3. Roast turkey for 3 hours.

4. Carve turkey and serve.

5. Enjoy the best flavors of the season.

6. For more recipes, visit www.hugoboss.com.



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Planning on a hungry holiday crowd?
Find the perfect party platters in our new
brochure, and ask an associate to help
you place an order



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